Barbarahan Managan Man HOTBEDS OF CONSUMPTION

Penal Institutions in Many States Proved to Be **Breeding Places of Tuberculosis**

its citizens—even those condemned to fitted up as a complete carpenter's pass a term of years in jail. The dan- shop, and gave him the following adger to the inmates of prisons, from vice, which he considered would be of pulmonary disease, has only lately been realized. A short time since a had ever written: man who had served a sentence in the Ohio penitentiary, declared that to send him back meant death by every man must have a hobby that tuberculosis. Inquiry was made. The is as different from his regular work head physician announced that the as it is possible to be. It is not building was a hotbed of consumption. A prominent official stated that at one thing. So this is my hobby. a ten years' sentence was equivalent This is my change. I like to putter to condemning a man to death-by pulmonary tuberculosis.

Dr. S. A. Knopf, the greatest American authority on tuberculosis, was invited to visit the penitentiary. Without hesitation he pronounced it the his inimitable chuckle, "to make a most unsanitary penal institution he poem and to make a chair are two had ever seen.

The output of many prisons is enough to convince of the truth of the above statements. The sallow complexions, weakened bodies, sunken chests of the ex-convicts, all are the stamp of murderous prison hygiene. All the rules for combatting the great white plague are reversed. For sunlight, they are given darkness; for fresh air, a damp, musty atmosphere: for out-of-door life a weary in-door grind, a large part spent within the narrow confines of a single cell.

Is it not enough to take from a fellow being his liberty and appropriate the labor of his hands, without forcing him to live under such conditions? Dare the state continue to condemn any of its citizens to such a death? Shall the sentence in a public prison cease at its legal expiration, or shall the poor victim continue to suffer from its dire effects until he fills a consumptive's grave?

In this day of Anti-Tuberculosis agitation, it would seem that public institutions, whether asylums, schools, prisons or assembly halls should be the first to be brought under proper sanitary conditions. It is useless, hopeless to educate the masses in regard to the cure and prevention of tuberculosis and then maintain at public expense hotbeds for the development of consumptives to be finally turned loose in the community.

The Tonic Use of Water.

Cold water is the universal tonic. The best time for taking a cold bath for tonic effect is just after getting out of bed in the morning, when the body is warm. A cold bath should never be taken when one is chilled. One not accustomed to cold bathing should begin carefully with water not colder than 75 deg. F. The bath should be short, not to exceed a minute, and for feeble persons not more than fifteen or thirty seconds when applied to the whole surface. should be immediately followed by rubbing and exercise for fifteen to thirty minutes. There should always be good reaction; that is, the whole surface, including the hands and feet, should quickly become warm. The Lath should not be followed by languor, headache, lassitude or other indications of excessive reaction. When one experiences such symptoms, the indication is that the bath was too long or too cold or not followed by sufficient exercise. For feeble, very young or elderly persons the water sised should rarely be lower than 65 degrees to 75 degrees in winter The bath should be taken in a suitably warmed room.

As We Live, We Are.

If we look down, then our shoulders stoop. If our thoughts look down. then our character bends. It is only when we hold our heads up that our body becomes erect. It is only when our thoughts go up that our life becomes erect.

Physiology in English Public Schools.

Sixteen thousand English physicians have signed a petition requesting Parliament to inaugurate systematic instruction in the public schools of Great Britain in relation to the preservation of health, especially in relation to the evil effects of alcoholic drinks. It is hoped that this petition will be granted.

Slaughter of the Innocents.

A study of statistics reveals the terrible fact that nearly one-half of all the human beings born into the world die before the age of five years. In the city of Stetten, Germany, nearly one-half-473 out of every thousanddie during the first year of their lives. In Ireland, Scotland, Norway and Sweden, where children are given better care, have more outdoor life, and more intelligent attention is given to feeding, the number of deaths is only one-fiftieth as many as in the city of Stetten, being ten per cent.

Physicians are coming to recognize that the use of cow's milk, which is infected with the germs of tuberculosis, is one of the most active of all the causes of death among young children. This should be remembered in the artificial feeding of infants. The milk should either be boiled or well scalded before being fed to the infant. This rule should be universally observed for adults as well as for children, and, if applied, will save thousands of lives annually.

A Safety Valve.

in the Ladies' Home Journal a writer tells of an interesting visit which he paid when a boy to the "Autocrat of the Breakfast Table." After breakfast Dr. Holmes took the serve cold.

It is the duty of the state to protect | boy into a basement room, which was more value to him than anything he

> "You know I am a doctor, and this shop is my medicine. I believe that good for a man to work all the time away at these things. Every day I try to come down here for an hour or so. It rests me because it gives my mind a complete change. For, whether you believe it or not," he added, with very different things.

> "Now, if you think you can learn something from me, learn that, and remember it when you are a man. Don't keep always at your business, whatever it may be. It makes no difference how much you like it. The more you like it, the more dangerous it is. When you grow up, you will understand what I mean by an 'outlet.' Every man must have an 'outlet'-a hobby-that is, in his life, and it must be so different from his regular work that it will take his work into an entirely different direction. We doctors call it a 'safety valve,' and it is. I would much rather," concluded the poet, "you would forget all that I have ever written than that you should forget what I tell you about having a safety valve."

> > For a Cold.

The daily cold bath is one of the most effective safeguards against taking cold. Of equal importance is abundance of fresh air in the sleeping apartment. Upon the first symptoms of "a cold," deep breathing exercises in the open air or in a well ventilated room should be taken at frequent intervals. In nearly all cases where this simple treatment is taken, there will be no further development of the cold, and the symptoms will disappear. A doctor connected with a large institution for children recently tried this method upon the iumates with surprising suc-

"There is nothing," he writes, 'more irritable than a cough. For a time I have been so fully assured of this that I determined, for one minute at least, to lessen the number of coughs heard in a certain ward of the hospital of the institution. By the promise of rewards and punishments. I succeeded in having the children simply hold their breath when tempted to cough, and in a little while The bath I was myself surprised to see how some of the children entirely recov-

cred from the disease. "Let a person, when tempted to cough, draw a long breath, and hold it until it warms and soothes every air-cell, and some benefit will soon be received from this process. The nitrogen which is thus refined acts as an anodyne to the mucous membrane, allaying the desire to cough, and giving the throat and lungs a chance to heal."

RECIPES.

Barley Soup .- Soak a cup of pearled barley over night and cook in plenty of water until well done, but not mushy. At proper periods add to it a portion each of minced onion, sliced cabbage and okra, diced carrots and turnip, salt and enough tomatoes to give an appetizing flavor and color. A little seasoning may be required.

Noodles with Cranberries.-Beat well one egg, or more according to the need, incorporating with each a tablespoonful of cold water and a pinch of salt. Knead in flour sufficient to make a stiff dough. Roll as thin as thin pasteboard. Let it dry on one side and then on the other, frequently turning it, but do not let it become dry enough to crack when rolled, Roll it very compactly; with a very sharp knife cut thin slices from the end until all is used. Let these dry thoroughly (they may be prepared several days before needed) and cook in boiling salted water about twenty minutes. Drain in a colander, and give a dash of cold water to prevent pastiness. Reheat, and serve with strained cranberry sauce as a dressing. Any other fruit may be used. Any of the various forms of macaroni may be substituted for the noodles.

Stuffed Potatoes.-Bake smooth potatoes until just done. Cut in halves lengthwise, remove the insides, being careful not to tear the skins. Mash, season, and return to the shells. Have ready some slightly salted, stiffly beaten egg to cover the top of each piece. Place on a tin in the oven to brown and warm.

Creamed Turnips.-Dice turnips and boil until tender, having salted them a while before draining. Somewhat more than cover them with rich milk. When boiling hot pour in slowly some braided flour, gently shaking the kettle to insure the even thickening of the dressing. Cook a few minutes and serve.

Lanse Brod.-Beat one egg into one cup of milk. Add salt and a spoonful of sugar. Dip into it slices of stale bread and brown them nicely on a well-oiled pancake griddle. Serve while hot.

Squash Custard.-Prepare squash the same as for ples. Bake in a shallow pudding dish without crust and Just Discrimination in Railway Rates. All railroad men qualified to speak on the subject in a responsible way are likely to agree with President Samuel Spencer of the Southern Railway when he says: "There is no division of opinion as to the desirability of stopping all secret or unjustly discriminatory devices and practises of whatsoever character."

Mr. Spencer, in speaking of "unjustly discriminatory" rates and devices, makes a distinction which is at once apparent to common sense. There may be discrimination in freight rates which is just, reasonable and imperatively required by the complex commercial and geographical conditions with which expert rate makers have to deal. To abolish such open and honest discrimination might paralyze the industries of cities, states and whole sections of our national terri-

This distinction between just and unjust discrimination is clearly recognized in the conclusions of the International Railway Congress, published yesterday:

"Tariffs should be based on commercial principles, taking into account the special conditions which bear upon the commercial value of the services rendered. With the reservation that rates shall be charged without arbitrary discrimination to all shippers alike under like conditions, the making of rates should as far as possible have all the clasticity necessary to permit the development of the traffic and to produce the greatest results to the public and to the railroads themselves."

The present proposal is, as Mr.

The present proposal is, as Mr. Walker D. Hines of Louisville showed in his remarkable testimony the other day before the Senate Committee at Washington, to crystallize flexible and justly discriminatory rates into fixed government rates which cannot be changed except by the intervention of some government tribunal, and by this very process to increase "the temptation to depart from the published rate and the lawful rate in order to meet some overpowering and urgent com-mercial condition."—New York Sun.

Those who go through life with out opening gates to new channels derive little pleasure from living.

MILK CRUST ON BABY.

Lost All His Hair-Scratched Till Blood Ran - Grateful Mother Tells of His Cure by Cuticura for 75c.

"When our baby boy was three months old he had the milk crust very badly on his head, so that all the hair came out, and it itched so bad he would scratch until the blood ran. I got a cake of Cuticura Soap and a box of Cuticura Ointment. I applied the Cuticura and put a thin cap on his head, and before I had used half of the box it was entirely cured, his hair commenced to grow out nicely again, and he has had no return of the trouble. (Signed) Mrs. H. P. Holmes, Ashland, Or."

Irish Alphabet.

The Irish language has only eighteen letters. Some times each letter is written separately and not joined together. The chief difficulty in learning Irish is that there are innumerable abbreviations for words and phrases. The Irish language is non-phonetic, the words rarely being a key to the correct pronuncia-

Many geniuses may be living who have failed to develop a certain talent or art which would make their

HOT FLASHES AND SINKING SPELLS CONQUERED AT LAST.

Mrs. Murphy Tells Her Fellow-Sufferers How She Got Rid of Serious Troubles by Simple Home Treatment.

"I had been bothered for several years," said Mrs. Murphy, "by stomach disorder, and finally I became very weak and nervous. Flashes of heat would pass over me, and I would feel as if I was sinking down. At such times I could not do any household work, but would have to lie down, and afterwards I would have very trying nervous spells." "Didn't you have a doctor?" she was

"Yes, I consulted several doctors but my health did not improve. One day a friend asked me why I did not try Dr. Williams' Pink Pills. She assured me that they had proved of the greatest benefit in the case of her daughter. In fact, she praised them so enthusiastically that my husband got me a box."

"And what was the result?" "Before I had taken half of the first box my condition was greatly improved. The quickness with which they reached and relieved all my troubles was really surprising. After I had used only three boxes I had no more heat-flashes or weak spells. Thanks to them, I have become a well woman."

Mrs. Mary D. Murphy lives at No, 1903 Force street, Fort Wayne, Indiana. Dr. Williams' Pink Pills, the remedy which she found so satisfactory, furnish directly to the blood the elements that give vigor to every tissue of the body. They can be depended on to revive failing strength, and to banish nervousness. Their tonic properties are abso-Intely unsurpassed.

As soon as there is drag, or dizziness, or pallor, or poor circulation, or disordered digestion, or restlessness, or pains, or irregularities of any kind these famous pills should be used. They have cured the most obstinate cases of anæmia, dyspepsia, rheumatism, neuralgia, nervous prostration and even partial paralysis.

If you desire information specially suited to your own case write directly to the Dr. Williams Medicine Company, Schenectady, N.Y. Every woman should have a copy of Dr. Williams' "Plain Talks to Women."which will be mailed free to any address on request. Any druggist can supply the pills.

UNDER ARREST SHEA

President of International Teamsters up on Charge of Criminal Libel.

REFUSED TERMS OF EMPLOYERS.

Twenty Policemen Fight With Angry Crowd of 1,500, Two Officers Being Nearly Killed and a 12-Year-Old Boy Was Shot.

Chicago, Ill., June 6. - Cornelius P. Shea, president of the International Brotherhood of Teamsters, was arrested on a charge of criminal libel, preferred by Robert J. Thorne, assistant general managed of Montgomery Ward & Co.

Shea was arrested on a capias issued by Judge S. H. Bethea, of the United States district court, following the filing of a suit by Thorn, who, in addition to making the charge of criminal libel, asks for damages to the amount of \$25,000 from Shea. The suit is based on interviews given out by President Shea to the newspapers and on statements he is said to have made to the effect that he had been offered \$10,000 by M. Thorne to call a strike against Sears, Roebuck & Co. Shea made the assertions against Thorne before the county grand jury, in addition to making them to newspaper men, and after making them insisted, it is said, upon their accuracy.

Mr. Thorne denies all the alleged statements of President Shea, and in his bill declares that his standing and reputation as a business man have been injured by the assertions of President Shea. Shea gave \$5,000 bonds and was released.

Albert Young, former president of the National Teamsters' Union, was sued today by Albert J. Thorne in the supreme court for \$25,000 damages for alleged slander and criminal libel, the bill of complaint being similar to that against Shea,

The agreement of the teamsters to refer to the truck drivers' union the question of arbitrating the matter of deliveries to boycotted houses was hailed by Mayor Dunne and the members of the Team Owners' Association as a sign of returning peace. The meeting of the truck drivers will be held Tuesday night. Not a large portion of the business of the truck drivers is done with the express companies, and a vote by them to make deliveries to the boycotted houses will virtually mean the end of the strike, although no formal order is issued calling it off.

Twenty policemen fought with a crowd of 1,500 persons at Eighteenth street and Center avenue for twenty minutes, two officers being nearly killed by attacks.

The rioting at this point was followed almost immediately by another disturbance in the vicinity, in which a 12-year-old boy was shot.

At a conference between Attorney Mayer and the Teamsters' committee the men were informed that the terms of the employers announced several weeks ago would not be modified. The Teamsters' joint council decided to refuse the terms of the employers and to continue the strike.

SOUTHERN FLOOD SITUATION.

Water Is Several Feet Higher and Tracks Are Washed Out,

El Paso, Tex., June 5. - The Rio Grande flood situation grows worse each day. Today the water is several feet higher north of here and several hundred vards of tracks on the Santa Fe railroad between El Paso and Albuquerque have been washed out. All traffic from here is being diverted over the Southern Pacific to Dem-

The town of Le Mesa, on the opposite bank of the Rio Grande river, is under seven feet of water, but no loss of life there is reported. The rise of the river was gradual and the people of the town had an opportunity to escape the flood. Anthony, another small town, was completely washed away, but here, also, the people were warned of the danger and vacated their homes in time. The river threatens to change its course five miles below El Paso and it is possible that further great damage will result.

Bridge Company Wins.

Washington, June 7 .- In the merchants' bridge case from St. Louis the secretary of war today decided that there was no warrant for the government to take possession of the structure. He decided that there has been no violation of contract between the bridge company and the govern-

Warship Sinks Steamer.

San Francisco, June 7. - The Merchants' Exchange received advices from London to the effect that the British ship Afghanistan, from Hamburg for San Diego, has been in collision with the British man-of-war Caesar, the former sinking with twenty-three of her crew.

Financial Loss in Battle.

St. Petersburg, June 7. - The St. Petersburg Gazette estimates Russian financial loss of the battle of the sea of Japan at \$73,500,000.

The Best Gifts.

The best thing to give your enemy is forgiveness; to an opponent, tolcration, to a friend, your heart; to a to cook, wash and iron, bake and perchild, a good example; to a father, form other household duties. At the deference; to your mother, conduct age of fifteen they have completed that will make her proud of you; to their studies in the lines indicated yourself, respect; to all men, charity, and are ready for matrimony. -La Bruvere.

A Mourning Gift.

It is so difficult to know what present to give to a fiend who has recently suffered a bereavement that I sompous ! Moutus spor I somp enterprising American firm which has 'quisoq s, touojqsiasd s solls Alinbus just produced a pack of playing cards for bridge with mourning borders .-

Earthquake Fatalities.

As nearly as can be ascertained the greatest number of lives lost by any earthquake in the history of the world was 200,000, at Tokio, Japan, in 1703, At Pompell and Herculaneum, by the eruption of Mount Vesuvius in '79, 20,000 lives were lost.

wholesome mind.

When You Talk,

Princesses Well Taught. The princesses of Siam are taught

His Symptoms.

A London curate the other day rewhen I feels as atiff as a bimmidge! ' ! feels nohow; and there be times we have nothing but praise for the 'omos . , 'toyle equ pius . , 'tis '[leAt . . celved an astonishing answer to an

Wills Estate to Undertaker.

Hiram Cochran, a California pioneer, wanting to make sure of a good funeral, willed his estate, consisting of some town lots and other property to an undertaker to whom he had made known his funeral wishes and who had promised to carry them out.

Friendship is the dearest think known, except where it is valued to Aggravations cannot exist in a the extent of money, which kills the royalty.



WINCHESTER

"NUBLACK" BLACK POWDER SHELLS The "Nublack" is a grand good shell. It is good in construction, primed with a quick and sure primer, and carefully loaded with the best brands of powder and shot. It is a favorite among hunters and other users of black powder shells on account of its uniform shooting, evenness of pattern and strength to withstand reloading. ALL DEALERS SELL THEM

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Would You Like a Present? we will send you have a got the man hand, ask us; we have the same the same than the something you'll like-if you'll simply tell us your dealer's non and say whether or not he carries Quick Meal. Sign your nam plainty, so the present will be sure to reach you safely. Ringen Stove Co. Div., Makers, N. 6th St., St. Louis, Mo.



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